

Adult Special Interest Classes

Keep It Herbal - Spring Detox

(Ages: 18 to Adult) Detoxification takes place on many levels in the body. In this class you will learn how to detox your body naturally with a safe herbal program. The information provided will educate the public's exposure to everyday poisons and address inexpensive ways to rid your body of the unwanted overload of toxins such as yeast, heavy metals, excessive medications, food pesticides, and other environmental toxins.

4682.339 Tu, 23-Mar 6:30 PM - 8:00 PM
4682.341 W, 31-Mar 6:30 PM - 8:00 PM
4682.340 Tu, 20-Apr 6:30 PM - 8:00 PM
Keep It Green Instructor: Cassidy-Farrell, JoAnna
\$30 City, Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Ear Candling & Neti Pot!

(Ages: 18 to Adult) Let Nature be your HMO! Herbal Approach to Allergy Issues and Sinus Problems
This class offers an education on why you suffer with allergies, sinus problems, and the link to our diet and intestinal tract that creates this miserable state of illness. Information provided on beneficial herbs for sinus support along with an old Egyptian art demonstration of ear candling and Neti Pot use for each student.
This natural approach will show immediate results of relief.

4682.445 Tu, 6-Apr 6:30 PM - 8:00 PM
4682.446 W, 14-Apr 6:30 PM - 8:00 PM
4682.447 Tu, 4-May 6:30 PM - 8:00 PM
Community Center Instructor: Cassidy-Farrell, JoAnna
\$25 City, Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City



Keep It Green

JoAnna Cassidy-Farrell is a Master Herbalist and Certified Natural Health Care Professional dedicated to educating the public on better health

Classes will be held at the Keep It Green Herbal Remedies - 609 Jett St. Fredericksburg, VA 22405

Please call 540-361-1416 for questions or directions to center.

• www.FredericksburgVA.gov

Organic Gardening Class

(Ages: 14 to Adult) This class offers a mix of quick fixes that a person may do to keep down on weeding time, fertilize naturally and make your own natural pesticides along with an introduction to some garden tools that make your work quick and efficient.

4682.420 Sa, 24-Apr 10:00 AM - 11:30 PM
4682.421 Sa, 8-May 10:00 AM - 11:30 PM
4682.422 Sa, 22-May 10:00 AM - 11:30 PM
Keep It Green Instructor: Cassidy-Farrell, JoAnna
\$35 City, Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Herbal Health Program - One Size Fits All!

(Ages: 18 to Adult) Although we are all biochemically unique and not everything works for everybody, there are basic herbs and nutritional supplements that almost everyone needs. A lot of people are very low on energy and are tired of being sick and tired. The truth is that it is easier to stay well than it is to get well! This class supplies interesting information that will benefit and maintain a basic all over herbal health program for anyone needing vitality and a more balanced well being by offering inexpensive, helpful grocery store hints on building and maintaining better health naturally.

4682.230 Tu, 12-Jan 6:30 PM - 8:00 PM
4682.232 W, 20-Jan 6:30 PM - 8:00 PM
4682.231 Tu, 16-Feb 6:30 PM - 8:00 PM
4682.234 W, 24-Feb 6:30 PM - 8:00 PM
Keep It Green Instructor: Cassidy-Farrell, JoAnna
\$25 City, Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

So You're Overweight - Why?

(Ages: 14 to Adult) Obesity is a nationwide epidemic. More than half of all adults and 1 % of children and adolescents in the United States are estimated to be overweight or obese. But why? In some cases the reasons are: 1. you eat to reward yourself or to entertain yourself. 2. You eat to lessen unpleasant experiences. 3. You eat to gain authority. 4. You eat when you need love. These are just a few reasons. Your life can change...nothing has to remain the same. Come share and explore the reasons why you may be overeating.

4311.100 M, 11-Jan to 25-Jan 7:00 PM - 9:00 PM
4311.101 Th, 11-Feb to 25-Feb 7:00 PM - 9:00 PM
4311.105 M, 15-Mar to 29-Mar 7:00 PM - 9:00 PM
4311.106 Th, 8-Apr to 22-Apr 7:00 PM - 9:00 PM
4311.107 M, 10-May to 24-May 7:00 PM - 9:00 PM
Community Center Instructor: Harris, Nancie
\$30 City, Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Adult Special Interest Classes



WOULD YOU KNOW WHAT TO DO?

BE PREPARED! HEART SAVER, FIRST AID, AND CPR/
AED PROGRAMS ARE DESIGNED TO GIVE YOU THE CONFIDENCE TO RESPOND IN AN EMERGENCY SITUATION WITH SKILLS THAT CAN SAVE A LIFE.

Heartsaver Pediatric First Aid

(Ages: 16 to Adult) This course teaches how to manage illness and injuries in a child in the first few minutes until professional help arrives. Topics include First Aid basics, medical emergencies, Injury emergencies Environmental emergencies, and other first aid topics.

2110.533 W, 20-Jan 9:00 AM - 4:00 PM
2110.534 W, 17-Feb 9:00 AM - 4:00 PM
 Community Center Instructor: Carpenter, Tim
 \$40 City and Non-City Resident
 Registration Begins: 1/5 City 1/12 Non-City

Heart Saver First Aid Certification

(Ages: 14 to Adult) This course will cover the basics of First Aid for adult, children and infants. Take one day and be prepared to take care of your family and friends in an emergency. Upon completion of the written test you will receive certification for this class. *Optional books may be purchased for \$15.

2120.315 F, 15-Jan 9:00 AM - 2:00 PM
2120.101 Th, 18-Feb 9:00 AM - 2:00 PM
2120.316 F, 12-Mar 9:00 AM - 2:00 PM
2120.103 F, 7-May 9:00 AM - 2:00 PM
 Community Center Instructor: Carpenter, Tim
 \$35 City and Non-City Resident
 Registration Begins: 1/5 City 1/12 Non-City

Heart Saver CPR & First Aid Certification

(Ages: 14 to Adult) This course covers it all: child/infant and adult CPR and basic first aid. Certification card upon successful completion of course & test. Optional books may be purchased for \$15. Bring lunch bag.

2110.205 Tu, 5-Jan 9:00 AM - 4:00 PM
2110.207 Tu, 19-Jan 9:00 AM - 4:00 PM
2110.208 Tu, 2-Mar 9:00 AM - 4:00 PM
2110.209 Th, 25-Mar 9:00 AM - 4:00 PM
2110.203 Th, 8-Apr 9:00 AM - 4:00 PM
2110.215 Tu, 13-Apr 9:00 AM - 4:00 PM
2110.216 Th, 6-May 9:00 AM - 4:00 PM
 Community Center Instructor: Carpenter, Tim
 \$45 City and Non-City Resident
 Registration Begins: 1/5 City 1/12 Non-City

Heart Saver CPR /AED Certification

(Ages: 14 to Adult) Would you be able to help someone you love if they needed CPR? Don't wait until it's too late to find out! This class will give you the skills you will need to provide basic care for breathing and cardiac emergencies, and perform cardiopulmonary resuscitation until advanced medical personnel arrive.

2110.411 W, 6-Jan 9:00 AM - 2:00 PM
2110.408 F, 26-Feb 9:00 AM - 2:00 PM
2110.301B W, 14-Apr 9:30 AM - 1:30 PM
2110.301 F, 23-Apr 9:00 AM - 2:00 PM
 Community Center Instructor: Carpenter, Tim
 \$35 City and Non-City Resident
 Registration Begins: 1/5 City 1/12 Non-City

RAD for Women

(Ages: 16 to Adult) In a bad situation, would you know what to do? This important hands-on program, brought to us by the Fredericksburg Police Department, will give you some safety tips and teach you valuable defense tactics to use should you ever be attacked. You'll learn how and where to kick and hit, and when and what to yell. Gain self-confidence and feel safer knowing that you know how to protect yourself should danger arise.

2511.311 Tu, 2-Feb to 23-Feb 7:00 PM - 9:00 PM
 F'burg Police Department Instructor: Jones, Sheila
 \$12 City and Non-City Resident
 Registration Begins: 1/5 City 1/12 Non-City

Adult Special Interest Classes

Conversational Italian I

(Ages: 16 to Adult) Come immerse yourself in one of the most romantic languages in the world. Conversational Italian is for teens and adults. It is a classroom environment where the instructor will familiarize the class with basic words and phrases in Italian. Learn the basic skills to converse with an Italian speaker.

4490.202 W, 13-Jan to 24-Feb 6:45 PM - 7:45 PM
Community Center Instructor: Toole, Lucia
\$60 City, \$65 Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Conversational Italian II

(Ages: 16 to Adult) Build on the skills you learned in Part I. The instructor teaches an expanded set of skills to those that have acquired a basic knowledge of Italian through completion of conversational Italian I. This is ideal for those who are planning a trip to Italy.

4490.205 W, 3-Mar to 14-Apr 6:45 PM - 7:45 PM
Community Center Instructor: Toole, Lucia
\$60 City, \$65 Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Beginning Farsi!

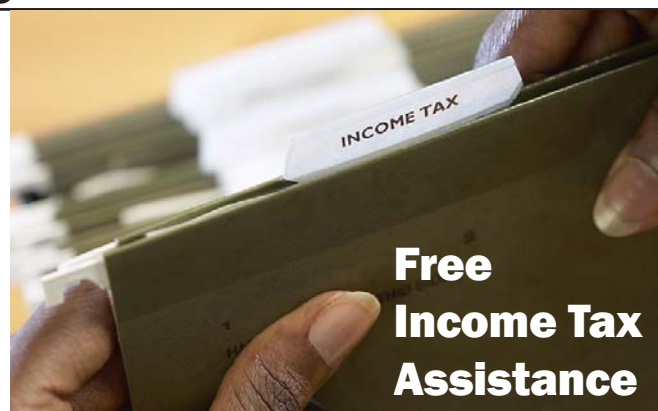
(Ages: 17 to Adult) Come and learn one of the oldest and poetic languages in the world, Persian Farsi. It is the language Rumi originally used in his world famous book the Rubaiyyat. It is the language that in the 15th Century, the Turkish royal courts chose to use instead of Turkish because they found it more elegant. This course teaches elementary grammar and speaking skills, with no prior experience necessary. In an effort to be more focused on conversation, the alphabet will not be taught.

4490.300 Tu, 12-Jan to 2-Mar 5:00 PM - 7:00 PM
Community Center
\$60 City, \$65 Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Where in the Burg? Architectural Study.

(Ages: 1 to Adult) Fredericksburg's streetscape has changed greatly over the last one hundred years, but the majority of the historic architecture remains the same. Participants will learn about different architectural styles in Fredericksburg, explore downtown for these styles, and gain an understanding of the importance of preservation.

5555.203 W, 14-Apr to 28-Apr 10:00 AM - 12:00 PM
Fredericksburg Area Museum Learning Center
Catherine W. Jones McKann Center
\$60 City Resident or Museum Members
\$65 Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City



For seniors and others who may need help with 2009 personal state and federal income tax returns is co-sponsored by the AARP and Fredericksburg Parks & Recreation. To receive service on a first-come, first-served basis, you must come to the Community Center in person (married/disabled persons see below).

REQUIRED IDENTIFICATION: You must bring Social Security cards for all persons listed on the return (including children and other dependents) **AND** a government issued photo I.D. (Virginia driver's license or I.D. card, passport, or military I.D. card). **IDENTIFICATION WILL BE CHECKED BEFORE WE CAN PROCEED FURTHER. THIS IS AN IRS REQUIREMENT WHICH OUR VOLUNTEERS CANNOT WAIVE!**

In addition, please bring the following with you: copies of last year's (2008) tax returns, all forms W-2, 1099s issued to you, and all other documentation of income sources (job and investment income, etc.) and/or deductions (taxes paid, mortgage interest, charitable contributions, form HUD-1 Settlement if you are claiming New Homeowners' Credit, etc.). PLEASE TAKE THE TIME TO OPEN, SORT, AND ORGANIZE YOUR DOCUMENTS AND TOTAL YOUR RECEIPTS BEFORE COMING IN TO THE CENTER!

Due to the program's popularity, we suggest you arrive prior to 12noon; although not guaranteed, we make every attempt to provide same-day service. Please note that we will help with filing of amended tax returns from prior years only if time is available after all 2009 tax filers have been served. **MARRIED:** Both spouses must come to the Community Center in person to receive tax return assistance. (Spouse or a personal representative must bring a Power of Attorney for a disabled or other incapacitated person—sorry, no exceptions.) **DISABLED:** A personal representative must bring a Power of Attorney to the Community Center to act in your behalf—sorry, no exceptions.) **ALL OTHER INFORMATION ABOVE ALSO APPLIES.**

Tuesday - Thursday

February 1 thru April 15

9:30am-3:00pm

Dorothy Hart Community Center

Adult Special Interest Classes



Watercolor I

(Ages: 16 to Adult) Get to know the artist within you. Learn the basics of this beautiful medium with artist Nancie Harris. Find your particular style and feel your creative energy flow as you learn how to begin painting your own watercolors. Each student will work on 4 pieces throughout the course. Pick up a supply list when you register.

4031.215 Tu, 5-Jan to 26-Jan 10:00 AM - 12:00 PM
4031.216 Tu, 16-Mar to 6-Apr 10:00 AM - 12:00 PM
4031.217 Tu, 5-Jan to 26-Jan 7:00 PM - 9:00 PM
4031.218 Tu, 16-Mar to 6-Apr 7:00 PM - 9:00 PM
Community Center Instructor: Harris, Nancie
\$41 City, \$46 Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Watercolor II

(Ages: 16 to Adult) For those of you who have taken Nancie's Watercolor I class or have some watercolor experience. We will expand your watercolor techniques and explore new ways to handle the medium. There will be three new techniques wet on wet, collage work, another card. Come ready to paint!

4031.225 Tu, 9-Feb to 2-Mar 10:00 AM - 12:00 PM
4031.226 Tu, 20-Apr to 11-May 10:00 AM - 12:00 PM
4033.215 Tu, 9-Feb to 2-Mar 7:00 PM - 9:00 PM
4033.216 Tu, 20-Apr to 11-May 7:00 PM - 9:00 PM
Community Center Instructor: Harris, Nancie
\$41 City, \$46 Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Johnny Johnson's Watercolors

(Ages: 18 to Adult) Advanced class. Must have instructor's permission to register. Mr. Johnson can be reached at the Dorothy Hart Community Center.

4037.501 Th, 1-Apr to 20-May 10:00 AM - 12:00 PM
Community Center Instructor: Johnson, Johnny
\$42 City, \$56 Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Working with Acrylics

(Ages: 16 to Adult) A nice class to end the week with. You will learn about mixing paints, drawing, preparing paint surfaces, acrylic and oil methods, and basic techniques. Whether you are just beginning or have some experience with acrylics, Ed will work with you to inspire your creativity. No experience necessary, just come ready to paint. A supply list will be on your receipt when you register.

4035.233 F, 22-Jan to 12-Feb 10:00 AM - 12:00 PM
4035.234 F, 19-Feb to 12-Mar 10:00 AM - 12:00 PM
4035.235 F, 19-Mar to 9-Apr 10:00 AM - 12:00 PM
4035.236 F, 16-Apr to 7-May 10:00 AM - 12:00 PM
4035.237 F, 14-May to 4-Jun 10:00 AM - 12:00 PM
Community Center Instructor: King, Ed
\$40 City, \$54 Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Acrylics I

(Ages: 16 to Adult) This easy, portable art will offer even beginning artists a chance to express themselves with paint. We'll look at basic acrylic techniques, try an acrylic collage, a wash, and even a still life. Make this the year you try something new and creative acrylics. Pick up a supply list when you register. No experience necessary.

4035.202 W, 6-Jan to 27-Jan 10:00 AM - 12:00 PM
4035.331 W, 17-Mar to 7-Apr 10:00 AM - 12:00 PM
4035.225 W, 6-Jan to 27-Jan 7:00 PM - 9:00 PM
4035.332 W, 17-Mar to 7-Apr 7:00 PM - 9:00 PM
Community Center Instructor: Harris, Nancie
\$41 City, \$46 Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Acrylics II

(Ages: 16 to Adult) For those of you who have some experience working with acrylic paints or have taken Nancie's first session. This class will help you continue to explore your creativity and ability to work in this wonderfully portable and easy art form. Each student will continue to work at his/her pace to complete different projects. Supply List: starter set, small, medium, large brush, basic colors, 24 x 22" canvas to start with and a palette.

4035.120 W, 10-Feb to 3-Mar 10:00 AM - 12:00 PM
4036.206 W, 21-Apr to 12-May 10:00 AM - 12:00 PM
4035.121 W, 10-Feb to 3-Mar 7:00 PM - 9:00 PM
4036.201 W, 21-Apr to 12-May 7:00 PM - 9:00 PM
Community Center Instructor: Harris, Nancie
\$41 City, \$46 Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Adult Special Interest Classes

Stop Smoking

(Ages: 16 to Adult) This time you are going to quit smoking for good! Nancie Harris, a registered hypnotist for behavior modification, will help you quit without withdrawal symptoms, chemicals or medication, using relaxation and behavior modification techniques. Nancie will teach you the new behavior skills to get rid of your addiction. Hypnosis, although NOT a magic potion, is one way to help you keep an even keel, put yourself first, and quit smoking for good. Why not give it a try? Class size is limited.

2460.301	M, 4-Jan	7:00 PM - 9:00 PM
2460.303	M, 8-Feb	7:00 PM - 9:00 PM
2460.305	M, 5-Apr	7:00 PM - 9:00 PM
2460.306	Th, 6-May	7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie
\$35 City, \$40 Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Horseback Riding - Adults

(Ages: 13 to Adult) You don't need a horse, or special equipment, just a desire to learn and a love of horses. This is a hands on, get in the saddle class. A great start for you horse lovers who want to try this beautiful sport. Classes are held at the White Buffalo Horse Farm in Orange Co.

4351.201	Su, 10-Jan to 31-Jan	2:00 PM - 3:00 PM
4351.202	Su, 7-Feb to 28-Feb	2:00 PM - 3:00 PM
4351.203	Su, 7-Mar to 28-Mar	2:00 PM - 3:00 PM
4351.205	Su, 4-Apr to 25-Apr	2:00 PM - 3:00 PM
4351.210	Su, 2-May to 23-May	2:00 PM - 3:00 PM

White Buffalo Horse Farm Instructor: Watson, Judy
\$120 City, \$140 Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Adult Reader's Theatre

(Ages: 18 to Adult) Reader's Theatre is becoming increasingly popular as a social recreation for adults. In this fun series, we will enjoy light snacks as we read, discuss and perform scenes from several plays. During the fun, we will explore character development, basic acting techniques and principles of staging. Get ready to burst out of your cocoon!

5000.206	Th, 6-May to 27-May	6:30 PM - 7:30 PM
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Community Center Instructor: Factory, The Daydream
\$35 City and Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Life Regression Workshop

(Ages: 16 to Adult) This is an opportunity to experience your past lives directly through hypnosis-induced regression! In traveling to past lifetimes, one finds increased perspective on the current lifetime and can heal emotions and unhealthy patterns, as well as receiving new perspectives. This focused state of relaxation that is not limited by the normal perceptions of space, time, or perspective. Belief in past lives is not necessary, as entering into the experience itself is healing —and it can also be seen symbolically, as one might view a dream.

4211.100	M, 22-Feb	7:00 PM - 9:00 PM
4211.101	M, 3-May	7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie
\$30 City, Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Life Map

(Ages: 16 to Adult) Want to know what it is you're really looking for in life, and where you are on the road to getting it? Come join us for this hands-on workshop (you do not have to have any artistic talent) where you create your own life map, and take a closer look at making the most of your life. It's a chance to nurture your spirit and charge your batteries.

2452.211	Th, 20-May	7:00 PM - 9:00 PM
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Community Center Instructor: Harris, Nancie
\$25 City, \$30 Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Self-Discovery Series

(Ages: 15 to Adult) In this 4-part series peer thru the window into who you are, what you value, what may be missing and who you want to become. You will want to join us if you are.... in-between jobs and looking to reinvent yourself, approaching retirement and have no plan, a student still undecided on their future path, an empty nester missing their loved ones, a stay at home Mom that needs to reconnect with the outside world, someone who lost themselves while caring for a family member, a work-alcoholic trying to find the joy again, or a divorcee starting a new life. ****PLEASE NOTE:** Part 2 will be 6:00PM - 9:00PM. Beth Craig is a Certified Professional Co-Active Coach.

For specific details about each element of the series email positiveforce@wildblue.net or call (540) 842-0574.

6200.101	Tu, 2-Feb to 23-Feb	7:00 PM - 9:00 PM
6200.102	Tu, 6-Apr to 27-Apr	7:00 PM - 9:00 PM

Community Center Instructor: Craig, Beth
\$30 City and Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Adult Special Interest Classes



Sarah Ferrell...

is a writer, portrait photographer, pet dog manners teacher, and canine behavior consultant. Sarah has taught obedience classes in the United States and Belgium and has owned Dog Manners Behavior and Obedience for over 20 years.

Basic Dog Manners

(Ages: 16 to Adult) Using positive reinforcement methods based on current learning theory and behavior modification techniques, we will teach YOU to teach the dog to respond to the clicker and your commands of : Come, Sit (& Stay) Down (& Stay) and Heel. Dogs attend ALL five classes. Students will receive a copy of Sarah's award winning book "Devoted to Dogs: How To Be Your Dog's Best Friend" with written homework and dog behavior discussions. We will have a festive graduation with prizes and photo opportunities. Please request a supply list and class orientation sheet when you register. Classes are small - register early!

4311.311 W, 20-Jan to 24-Feb 7:35 PM - 8:35 PM

4311.321 W, 20-Jan to 17-Feb 2:30 PM - 3:30 PM

Community Center Instructor: Ferrell, Sarah

\$89 City, \$99 Non-City Resident

Registration Begins: 1/5 City 1/12 Non-City

Got Dog Problems? Sarah Has Answers!

(Ages: 16 to Adult) Do you wonder why Bongo wee-wees behind dinning room table? Has Esmeralda chewed up all your shoes and your underwear? If you have a question, Sarah Ferrell would love to listen and analyze the reasons for all your doggy issues, puppy worries and dog misbehavior concerns. Every question is a good question. Put your pup on path to perfect canine behavior management. You need this class!

4311.102 Tu, 2-Feb 2:30 PM - 4:00 PM

Community Center Instructor: Ferrell, Sarah

\$17 City and Non-City Resident

Registration Begins: 1/5 City 1/12 Non-City

Choosing the Right Dog for You

(Ages: 16 to Adult) How to find the dog of your dreams! Look before your leap. A dog is for life. If you're very blessed the dog you bring home will live with you, love you, depend on you for every breath, every command, every happiness for up to sixteen or more years. A dog is a terrible life to waste. Bring all your questions about how to choose the right tiny pup or ready for rescue older dog. Learn to interview a breeder. Get ready to surf the web for rescue dogs who need you. We will discuss any breed you have on your mind. Join us for a great night of fun.

4311.409 Tu, 26-Jan 2:30 PM - 4:00 PM

Community Center Instructor: Ferrell, Sarah

\$17 City and Non-City Resident

Registration Begins: 8/25 City 9/1 Non-City

Ready! Steady! Train!

(Ages: 16 to Adult) Ready to train your dog, but don't have time to attend a weekly class? Need help mastering the skills you wish you had to train your own dog at home? If you and your dog have one evening to watch, practice and master the basics of positive reinforcement, this is the class you have been waiting to attend. Join Sarah for a fun and fact filled class to teach you basic dog manners skills; Sit! Down! No Jump! Come! Easy! No pull! Touch! Go to your place! and Watch me! Join this dog-owner skill building class and learn to lay a firm foundation for mastering basic obedience commands. Sarah's big Springer boy, Gabriel, will show you fundamental manners for all good dogs. During this paws-on class your dog will practice all the skills with fun and attention on you.

4311.307 Tu, 19-Jan 2:30 PM - 4:00 PM

Community Center Instructor: Ferrell, Sarah

\$25 City and Non-City Resident

Registration Begins: 1/5 City 1/12 Non-City

All Dog Classes held at the Community Center

Notes for Pet Classes

Dogs of all ages and sizes are welcome, but the dog must be at least 14 weeks old and have had at least 2 of 4 puppy vaccinations. Participants in all classes must show current veterinary vaccination at first day/night's orientation.

Adult Special Interest Classes

Advanced Dog Manners Obedience Class

(Ages: 16 to Adult) In response to graduates of our Basic classes, we offer an advanced skills class for dogs who want to go a bit further in their good manners mastery. We will work hard on longer sit and down stays; calm, leisurely loose lead walking; and fast, enthusiastic "Come!" when called. Dogs will learn to do their work, on request, even with distractions like strangers knocking on the door, humans jogging while they concentrate on sit or down, watching their humans even when tantalizing dog fun activity unfolds around them. This is a daytime class. Small group, so register early, please.
No class February 17, 2010.

4311.408 W, 20-Jan to 24-Feb 1:00 PM - 2:00 PM
Community Center Instructor: Ferrell, Sarah
\$89 City, \$99 Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Pet Portraits

(Ages: 13 to Adult) Join the fun as we help you create a beautiful painted pet portrait. A pet portrait is an exciting way to express your love for a beloved companion, or to cherish the memory of one that is no longer with you. Additionally, it can make a great gift for a friend! You need to bring three or four pictures of your pet, and bring the materials you want to work in. Also you will need a 9 x 12 canvas or longer.

4311.506 M, 8-Mar 7:00 PM - 9:00 PM
Community Center Instructor: Harris, Nancie
\$35 City and Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

ASHI Pet First Aid

(Ages: 14 to Adult) Will you know what to do when your pet needs help? Your pet depends on you for his or her well-being. Our Pet First Aid course teaches emergency care procedures for cats and dogs and provides tips for keeping your pet happy and healthy too. Among the things you will learn are; How to approach a sick or injured animal; administering medications; recognizing an emergency; performing CPR and first aid; treating common problems and emergencies requiring immediate attention; and what to stock in a pet first aid kit.

4814.122 M, 8-Feb 9:00 AM - 2:00 PM
4814.123 M, 8-Mar 9:00 AM - 2:00 PM
4814.124 M, 5-Apr 9:00 AM - 2:00 PM
4814.125 M, 3-May 9:00 AM - 2:00 PM
Community Center Instructor: Carpenter, Tim
\$35 City, \$40 Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Ooops! We are human...

Our editors have worked hard to ensure accuracy within our publication. We apologize if something has slipped past our editors. Please call us with any questions.

Virtual Assistant Business

(Ages: 18 to Adult)
Are you a detail-oriented, computer savvy self-starter? Do you work well independently and are able to stay focused and motivated in a non-traditional working environment? Do you want to own a business that allows you the flexibility to balance not only your own work/life needs but those of your clients? With today's technology, you can create your own home-based business as a virtual assistant. We will go through the steps that you need to take to start your own virtual assistant business.

8000.100 M, 18-Jan 6:00 PM - 8:00 PM
8000.101 M, 15-Feb 6:00 PM - 8:00 PM
8000.102 M, 19-Apr 6:00 PM - 8:00 PM
8000.103 M, 17-May 6:00 PM - 8:00 PM
Community Center Instructor: McHenry, Kathy
\$47 City, and Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

Learn to Crochet

(Ages: 12 to Adult)
All supplies included! Just bring yourself and learn how to crochet. Learn the basic stitches and leave our class well on your way to making gifts for family, friends, or yourself. Advanced beginners are always welcome.

5063.414 M, 25-Jan to 15-Feb 5:30 PM - 7:00 PM
5063.415 M, 22-Feb to 15-Mar 5:30 PM - 7:00 PM
Community Center Instructor: Landers, Lois
\$20 City, \$25 Non-City Resident
Registration Begins: 1/5 City 1/12 Non-City

